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A solution or more support?

Obama hits the airwaves to muster backing for strikes as Syria considers handing over chemical weapons

PAGE 10

CATCHER OF THE SHY

AVATAR WRITER TOOK YEARS TO RESEARCH 700-PAGE BOOK, DOCUMENTARY ABOUT LIFE OF AUTHOR J.D. SALINGER

PAGE 16



Forty years sought for HUB Mall shooter

Heist. Travis Baumgartner strikes plea deal in 2012 triple murder

An Edmonton judge is to decide whether an armoured car guard who killed three co-workers and injured a fourth will be the first person in Canada to receive the harshest sentence since the death penalty was in force.

Crown and defence lawyers are both recommending Travis Baumgartner be sentenced — under a new federal law enacted by Parliament in 2011 — to life with no parole for 40 years.

Baumgartner, 22, pleaded guilty Monday to one count of first-degree murder, two counts of second-degree murder and a charge of attempted murder

Quoted

"Travis Baumgartner was supposed to be watching his fellow guards but instead shot them in their heads. The depth of the betrayal is remarkable."

Chief Crown prosecutor Steve Bilodeau

in a plea bargain in connection with the murder of three fellow security guards at HUB Mall in 2012. He was originally charged with first-degree murder in the three deaths.

Chief Crown prosecutor Steve Bilodeau said the new law gives judges the discretion to impose consecutive parole ineligibility periods in cases involving multiple murders.

Under the previous law, life sentences for more than one

death had to be served concurrently, with only a single maximum parole ineligibility period of 25 years; under the new law, the most Baumgartner could face would be 75 years without parole.

Associate Chief Justice John Rooke said he will issue his decision Wednesday morning.

Bilodeau said he understands the judge is wading into "untested waters" and, if granted, it would be the toughest term imposed by a Canadian court since the last execution in 1962.

But Bilodeau said Baumgartner's case warrants extraordinary punishment. Bilodeau said what makes it worse was that Baumgartner tried to flee the country with a bag of cash after the shooting: "He did it for money." **THE CANADIAN PRESS**

MORE COVERAGE, PAGE 3



Travis Baumgartner is taken from a van by Canadian Border Services officers at the Aldergrove, B.C., border crossing in June 2012. Baumgartner pleaded guilty to the murders of three of his fellow security guards. JONATHAN HAYWARD/THE CANADIAN PRESS FILE

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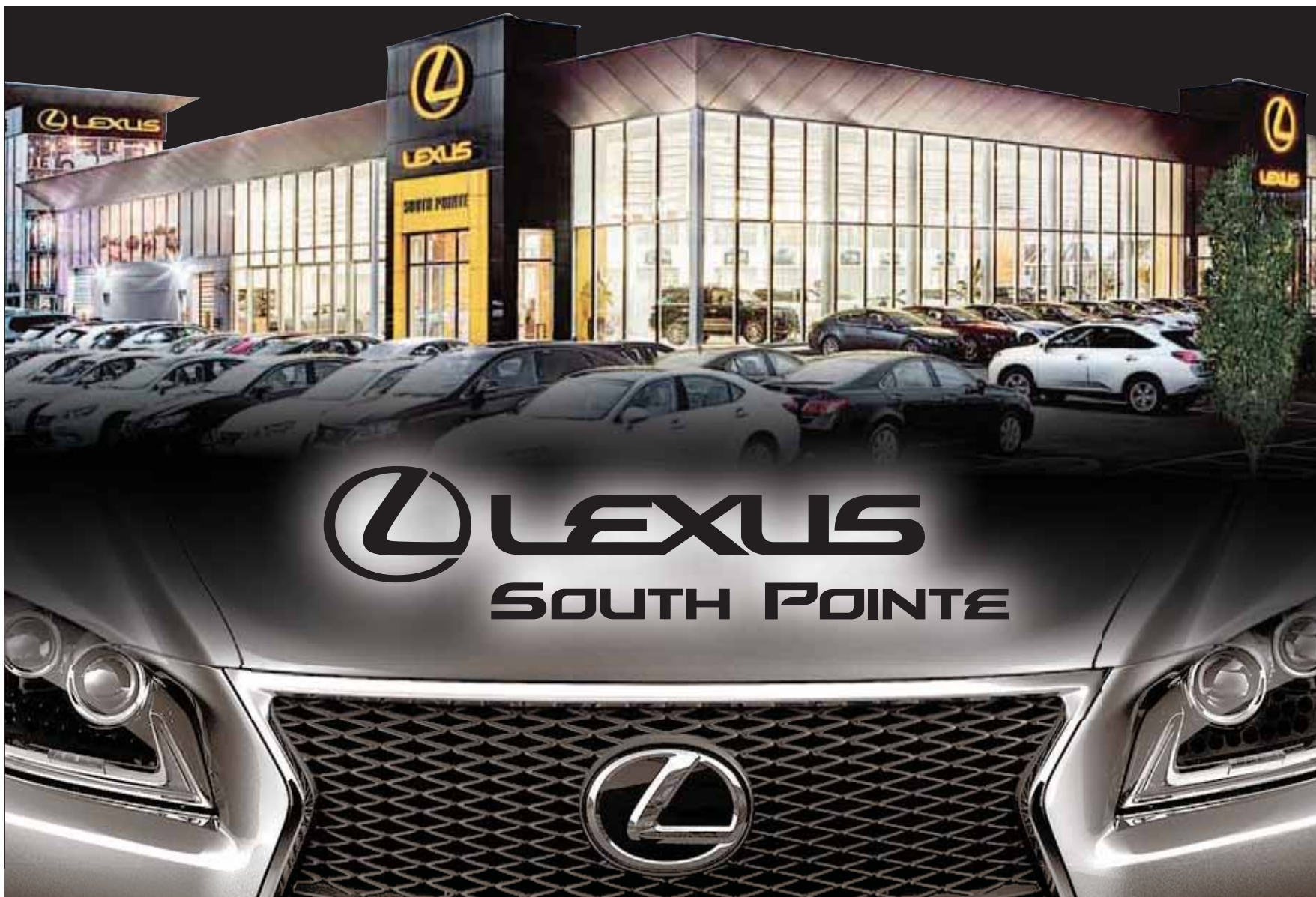
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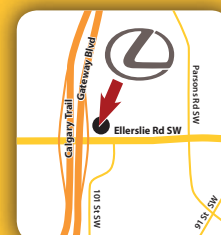


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Fatal ATM heist. Victim impact statements read in court

Travis Baumgartner's first-degree murder plea applies to the death of Eddie Rejano, 39, a father of three who had started working for the company six months earlier. Baumgartner pleaded guilty to second-degree in the deaths of newlywed Michelle Shegelski, 26, and Brian Ilesic, 35, the father of a daughter.

Matthew Schuman, who was 25 at the time, was rushed to hospital and survived a bullet to the head.

Rejano's wife was among the first to give a victim impact statement in court. She cried as she told the judge, who was hearing the case without a jury, that her husband did not deserve to die so violently.

Her young son stood on a chair behind her as she spoke and, at one point, reached over and softly wiped his mother's tears from her face.

Survivor Schuman's statement was read for him. It said Baumgartner changed his life forever that day — taking his health, his career and his relationship from him.

It said Schuman lost a portion of his brain when he was shot, can't feel the right side of his body and is having to learn to read and write again.

Court heard that Baumgartner owed friends money, had just bought a new truck and had argued with his mother about rent before his last shift.

"At least I don't have to pay for the truck anymore," he told an undercover officer after his arrest. "No bills for me."

Police quickly named Baumgartner, who was 21, as a suspect after the early-morning shootings. **THE CANADIAN PRESS**



Twice in the past two days the city police Air-1 helicopter was struck with a laser beam. Const. Tom Bechthold, an EPS tactical flight officer, holds the protective glasses officers reach for if a laser beam hits the helicopter when it's in flight. ANNALISE KLINGBEIL/METRO

Second laser beam aimed at chopper

Two strikes in two days. Flight crews must don protective eyewear when aircraft is struck to prevent permanent eye damage

When the police helicopter is in flight in the dark and a laser is pointed at it, the crew experience a huge flash.

"It's almost as if someone has set off a firework in the cockpit," said Const. Tom Bechthold, an EPS tactical flight officer.

When the flash hits — or

even before, if the pilot or crew have any indication a laser strike is imminent — the helicopter's occupants immediately reach for protective glasses to prevent permanent damage to their eyes.

Then, even if the chopper is on active patrol, the crew must stop what they're doing for safety reasons.

"When we get hit with a laser, whatever we're working on now has to stop," said Bechthold.

Such was the case twice this weekend.

On Friday night, Air-1 was on active patrol in Lewis Estates when the flight crew was repeatedly flashed by a laser

By the numbers

- 10. The number of EPS laser incidents in 2013, nearly half of which have resulted in charges
- 9. The number of EPS laser incidents in 2012
- 4. The number of laser incidents in 2011

origin of the flash.

On Saturday night, Air-1 was flashed with a laser beam for several minutes while on active patrol in Castle Downs. Three men, aged 18, 19 and 20, were arrested in connection with the incident and each face several charges including assault with a weapon and creating a hazard to aviation safety.

"When you strike an aircraft with a laser, you're not only breaking the law but you're putting the pilot's life in jeopardy — as well as his eyesight — and any passenger within that aircraft is in danger," Bechthold said.

ANNALISE KLINGBEIL/METRO

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Winter strategy could include free transit on frigid days

Council plan. Transit use will make city more liveable year-round



RYAN TUMILTY
ryan.tumilty@metronews.ca

Making Edmonton more winter friendly could include heated bus shelters and free transit on extremely cold days.

Those are just two of the recommendations going to councillors Tuesday, as the city moves forward with the implementation of its Winter City strategy.

The strategy was released last year and is aimed at making the city more liveable year-round and getting Edmontonians to embrace winter.

Lyall Brenneis, branch manager of community strategies and development, said transit is a really important component of that.

"It's a big part of how a lot of people get around in the city and it's a way to bring people

Winter city indeed

On average, Edmonton has five days a year when the temperature dips past -30 C.

together in the winter," he said.

Brenneis said free transit on cold days, which would be triggered at -30 C, helps encourage people to stay active and also makes sure people stay safe.

"It works out to about \$100,000 a day for free transit and that's on all routes, all day long," he said.

Coun. Ben Henderson, who championed the winter strategy, said putting more heated shelters out just makes sense.

"The more you can make waiting for a bus an easy thing to do, a sheltered thing to do and a comfortable thing to do, the more you are going to see ridership go up," he said.

Henderson said overall he's pleased the city is moving forward on the winter strategy and without any huge costs.



Coun. Ben Henderson at the launch of the Winter City strategy last year. Along with a host of recommendations on transit, a report calls for making Edmonton's outdoor patios a year-round occurrence. METRO FILE

City councillors looking to patch up the pothole problem



A report city councillors discussed Monday suggested the city could do more to share information about potholes with the public. METRO FILE

The city is looking to find a better way to talk about potholes and a better way to fill them.

Councillors reviewed a report Monday on the city's communications efforts during the huge increase in potholes that took place earlier this year.

City administration said they are trying to draw lessons from how the city communicates snow-clearing work and

apply them to the pothole problem in an effort to better show what the city is doing.

Coun. Kerry Diotte said residents talking to him aren't interested in the message the city wants to get out.

"When I have gone door to door, they have said 'just fix it,'" he said.

Diotte said he was also unimpressed with the city's

Filling in the blanks

450,000

The city fills on average 450,000 potholes every year.

messaging about Edmonton's unique climate and weather challenges that aggravated the problem this year.

"I think the story people want to hear is that we have patched so many, but we are still working," he said.

Coun. Kim Krushell said it is important for the city to make clear what is causing the problem, which this year was several freeze-thaw cycles.

"I would suggest the weather has been way worse," she said. **RYAN TUMILTY/METRO**



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ACICR launches public awareness campaign

LISTENING TO THE VOICE IN YOUR HEAD TO PREVENT INJURIES

Alberta Health Minister Fred Horne joins Grade 6 students from Greenfield School to remind drivers to 'have a word with themselves' while driving in school zones. It's part of a province-wide campaign to curb the incidence of preventable injuries. LUCY HAINES/FOR METRO

LUCY HAINES
edmonton@metronews.ca

A new public awareness campaign to curb preventable injuries wants Albertans to have a word with themselves, as the province struggles to bring down the province's stubbornly high preventable injury rate.

"The facts are shocking — it's equivalent to a health epidemic," said Alberta's Chief Medical Officer, Dr. James Talbot, referring to the 1,669 Albertans who die from preventable injuries each year — that's more

than 4 injury deaths per day.

The Alberta Centre for Injury Control and Research (ACICR) has partnered with The Community Against Preventable Injuries for a public awareness campaign to drive home the message that serious injuries (some 95 per cent) are preventable and predictable.

"Our goal is to change societal attitudes," said Kathy Belton, Associate Director of ACICR. "We'll be encouraging cyclists, skateboarders and skiers to have a word with themselves about helmet safety,

in campaigns focused on water safety, and road safety efforts for drivers in school zones."

At the campaign announcement Tuesday, Health Minister Fred Horne made a ceremonial street-crossing with Grade 6 students from Greenfield Elementary School, many who wore backpacks emblazoned with "before you think a child won't run into traffic today, have a word with yourself."

Horne said he hopes children will be a model to parents and grandparents

Quoted

"Our goal is to change societal attitudes."

Kathy Belton, Associate Director of ACICR

to change behaviors. "Kids at this age are influential — we want everyone to take a minute to think before they act," he said.

In coming weeks, the campaign will blitz Alberta with traditional advertising, guerilla marketing and social media to change atti-

Facts

- Preventable injuries are the leading killer of Albertans under 44 years old.
- Alberta's premature death due to injury costs \$918 per person each year, and an estimated cost to the province of over \$2.94 billion annually.

tudes and behaviors around preventable injuries.

Branding

City moves ahead with Make Something plan

City administration will begin to make something out of Make Something Edmonton after councillors endorsed the group's recommendations Monday.

City councillors voted to have administration create a budget for a Make Something Edmonton office and a Make Something Edmonton champion, all in an effort to give the city a new identity. Mayor Stephen Mandel applauded the Make Something Edmonton group that has championed hundreds of small projects and worked on the city's identity for the last year.

While the group said its initiative is about more than a tagline, Mayor Stephen Mandel said he would be happy to retire the "City of Champions" moniker.

"I don't like it at all. I never have. I don't think it gives any identity to anything," he said.

RYAN TUMILTY/METRO

Correction

A story in the Sept. 9 edition of Metro on the city's new graffiti walls contained inaccurate information. Local artists are being encouraged to help paint a mural under the 99th avenue overpass, but once completed the mural will be permanent and any graffiti will be removed, unlike the city's two legal walls.

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Rupert Appleyard, a.k.a. Phileas Flash, the time-travelling balloon artist, will host a children's show and create a street balloon installation this weekend on 118 Ave. LUCY HAINES/FOR METRO

Alberta Avenue: 'Art lives here'

Kaleido Family Arts Festival. Event on street that is a magnet for the arts includes everything from dancing to parties

Lots to choose from

200

Musical acts, theatre performances, children's shows, dance numbers, art gallery sales, street parties and more, numbering well over 200, will blanket Alberta Avenue in the 8th annual late-summer festival celebrating art and artists Sept. 13-15

Hundreds of performers will take over Alberta Avenue this weekend as the Kaleido Family Arts Festival aims to keep the summer festival season rolling just one week longer.

This weekend, Alberta Avenue will be pulsing with hundreds of musical and performance acts in more than a dozen venues — think street, rooftop, alleyway, playground and gallery — spaces for the annual fes-

tival to strut its stuff.

"The city believes in this neighbourhood as an arts district — there's always new ideas, always a re-invention," said festival founder and Arts on the Ave executive director Christy Morin. "Huge numbers of artists live in this area, and art lives here in studios and galleries, too."

Morin describes Kaleido as an eclectic, multi-disciplinary mash-up of sorts, and the "mother" of the eight annual festivals that call the avenue home. But for Denise Leclair, who runs the Alberta Avenue Business Association and a belly-dancing studio on the street, it's simply a "fantastic expression of community on the avenue."

The Alberta Avenue Community League is the site of children's theatre, improv and more, including a Friday night movie on the grass behind the building. The pay-what-you-can event (bring a donation for the food bank) includes a free Saturday pancake breakfast, beer gardens and a "Fiesta Latina" on Sunday.

LUCY HAINES/FOR METRO

Thieves bring beer to break-in

While the curtain was rising on their latest production, a local theatre company had a big break of a different kind to worry about at their office.

Workshop West's office near NAIT was broken into and ransacked on Sept. 6, the same night their company's new production *Kill me Now* was unveiled at La Cité Francophone.

"By the look of the office they were in for a very long time. They brought their own beer in," said Michael Clark, the group's artistic director, describing the damage.

Clark said a lot of electron-

ic equipment was taken, but the thieves also completely wrecked the office.

"What they didn't break they tipped over," he said.

The thieves also took equipment related to the theatre company's online box office and they have had to redirect would-be purchasers to Tix on the Square. Clark said they are hopeful it won't significantly hurt turnout for the show.

"This is going to be our busiest show and we always build sales on the rest of the year on how well the first show does," he said. RYAN TUMILTY/METRO



The scene after thieves broke into Workshop West's office last Friday night. CONTRIBUTED

Watchdog weighs ethics of Ford drug-use stories



Toronto Mayor Rob Ford has added fuel to the controversy surrounding his alleged drug use by admitting he's smoked "a lot" of pot. MICHELLE SIU/THE CANADIAN PRESS

Responsible reporting. Dozens of complaints filed against Toronto Star, Globe and Mail

Canada's two largest newspapers defended their reporting of drug allegations against Toronto Mayor Rob Ford and his councillor brother on Monday.

The Toronto Star and The Globe and Mail were called before the Ontario Press Council after dozens of readers complained about their coverage.

The council is looking into a Star story on an alleged video of the mayor smoking crack cocaine, as well as a Globe story on his brother Doug's alleged drug dealings. It is weighing whether the newspapers "engaged in irresponsible, unethical investigative reporting."

Star reporters made at least 14 attempts to reach the mayor the night before publication, editor Michael Cooke said.

Main complainant Darylle Donley accused the paper of letting its distaste for the mayor's policies taint its coverage. She said the alleged video could easily be a fake.

The complaint against the Globe focused on an article published on May 25 that alleged that Doug Ford had, in his youth, been a drug dealer.

The main complainant, Connie Harrison, took issue with the paper's use of anonymous sources, which she said undermines the public's trust.

Editor John Stackhouse said the Globe had no choice but to rely on unnamed sources. The only other option would have been not to publish at all, but given the serious nature of the allegations — and Doug Ford's political influence — that would have been "irresponsible," Stackhouse said.

Reporters took great pains to test each source's credibility, returning for several interviews during the 18-month investigation, he said. **THE CANADIAN PRESS**

Jeffrey Baldwin. Death of child a surreal horror story

The first emergency crews to find the body of a Toronto boy are still deeply disturbed by the sight of his skeletal frame more than 10 years later, a coroner's inquest heard Monday.

But the boy's grandmother, his primary caregiver who had summoned them to the home with a nonchalant 911 call, treated his death as an annoyance, a pair of first responders told the inquest into Jeffrey Baldwin's death.

Four years after his grandparents got custody of Jeffrey and his three siblings, he died



Jeffrey Baldwin
CONTRIBUTED

from complications of chronic starvation.

Elva Bottineau and Norman Kidman have already been convicted of second-degree murder. The coroner's inquest is exploring systemic issues.

The inquest heard a recording of the 911 call Bottineau placed.

"Apparently my grandson is not breathing right now," she says. **THE CANADIAN PRESS**

Gun laws

Should the blind be packing heat?

Some blind people are granted gun permits in one U.S. state, and law enforcement officials are debating the wisdom of it.

The Des Moines Register reports that Iowa law doesn't allow sheriffs to deny a permit to carry a gun in public based on physical

ability. Blind people can obtain the permits for carrying a weapon in public because of changes to state law that took effect in 2011.

Jane Hudson with Disability Rights Iowa said federal law requires states to analyze a situation individually before denying a service.

"The fact that you can't drive a car doesn't mean you can't go to a shooting range and see a target," Hudson said. **THE ASSOCIATED PRESS**



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Obama goes on media blitz to sell Syria strike to America

Six TV interviews. President will consider proposal for Assad to surrender chemical weapons, but still aims for congressional support

A possible diplomatic solution to avoid a U.S. military strike arose Monday when Syria swiftly welcomed a suggestion to move all of the country's chemical weapons under international control. President Barack Obama said the proposal could be a potential breakthrough but he remained skeptical that Syria would follow through.

The White House pressed ahead with efforts to persuade Congress to authorize a military strike, and Obama said the day's developments were doubtless due in part to the "credible possibility" of that action. U.S. officials insisted that Syrian President Bashar Assad's

government must be held accountable for using chemical weapons regardless of what happens to its stocks.

But the diplomatic opening could provide Obama with a way out of a messy political and foreign-policy bind. It followed a remarkable chain of events that started with a suggestion from Secretary of State John Kerry, followed by a proposal from Russia and immediate endorsement by the UN secretary-general.

Obama told NBC News in an interview Monday that he's taking a statement from Damascus welcoming the idea "with a grain of salt initially." But he said he would "absolutely" halt a U.S. military strike if Syria's stockpiles were successfully secured.

"My objective here has always been to deal with a very specific problem," Obama said in an interview with ABC News. "If we can do that without a military strike, that is overwhelmingly my preference."

THE ASSOCIATED PRESS



In this frame grab from video taken Sunday and provided by CBS This Morning, Syrian President Bashar Assad responds to a question from journalist Charlie Rose during an interview in Damascus, Syria. In the interview broadcast Monday on CBS, Assad threatened to retaliate for any military strike launched in response to the alleged chemical-weapons attack. THE ASSOCIATED PRESS

Estranged. Zimmerman split quickly turns nasty

The estranged wife of a former neighbourhood watchman acquitted in the shooting death of a black teenager called police officers Monday, saying her husband threatened her and her father with a gun.

Shellie Zimmerman called police shortly after 2 p.m. Monday, said Police Chief Steve Bracknell. In the call, she said George Zimmerman punched her father in the nose, grabbed an iPad out of her hand and smashed it and threatened



George Zimmerman
GETTY IMAGES FILE

them both with a gun.

Shellie Zimmerman, who has filed for divorce, initially told an

emergency dispatcher that her husband had his hand on his gun as he sat in his car outside the home. But hours later she changed her story and said she never saw a firearm, said Bracknell. THE ASSOCIATED PRESS

Secret court motions

Facebook, Yahoo want to disclose data on FISA orders

Facebook and Yahoo asked a secret court Monday to allow them to disclose data on national security orders the companies have received under the Foreign Intelligence Surveillance Act.

THE ASSOCIATED PRESS

Social media

Iran likes Facebook for its politicians, but not its citizens

Iran's curious world of online politics is a bit more crowded with members of President Hasan Rouhani's Cabinet encouraged to open their own Facebook pages — in a country where authorities try to block the public from social media.

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'Politics in Russia was finally born'

Moscow mayoral election. Despite losing, opposition leader describes outcome as a victory

Opposition leader Alexei Navalny on Monday night defused anger over the Moscow mayoral election, telling a vast square

of cheering supporters to celebrate his surprisingly strong second-place finish as a victory that gave rise to real political competition in Russia.

Navalny has claimed that Sunday's vote was manipulated to give the Kremlin-appointed incumbent, Sergei Sobyenin, the slim majority he needed to win in the first round and avoid a runoff. Russia's most respected election monitoring group

also questioned the accuracy of the vote.

But rather than call for angry protests like those he led after the fraud-tainted 2011 national parliamentary election, Navalny urged his supporters to keep up the kind of grassroots political activism that helped him defy all expectations and win 27 per cent of the vote.

Sunday's election was in some ways less about Sobyenin,

who many agree has brought positive change to Moscow, and more about the depth of discontent with President Vladimir Putin, especially among the young and middle class. Navalny, 37, attracted thousands of enthusiastic volunteers.

"During these elections, politics in Russia was finally born," Navalny told the crowd that filled Bolotnaya Square.

THE ASSOCIATED PRESS



Opposition leader Alexei Navalny THE ASSOCIATED PRESS

Ethics 101. Saint Mary's alumnus to return degrees

Daren Miller said he "worked his butt off" to obtain degrees in economics and finance from Saint Mary's University.

But next Monday the Calgary chartered financial analyst plans to march onto the institution's Halifax campus, turn over his two scrolls and demand his name be pulled from graduation records, in a show of solidarity against a pro-rape chant allegedly led by student representatives.

"My initial reaction was complete horror with the zeal of these young men and, even more shocking, that there were these young women in the video," Miller said. "There has got to be a sea change — an in-

stitutional shift — and stepping down of the leadership to allow fresh, new, young, maritime blood to be able to come and figure out what's going on."

Miller is donating \$20,000 — the inflation-adjusted amount of his Saint Mary's scholarships — to the Walk a Mile in Her Shoes event in Banff.

He said if the culture at the school he called home between 1990 and 1995 improves, he would proudly display his accomplishments again.

A spokesperson reached via email did not indicate whether they would actually grant Miller his request to be removed from the records.

JEREMY NOLAIS/METRO IN CALGARY



High time a record was broken

Mother giraffe Jang-Soon rubs her calf at the park in Yongin, South Korea. Officials at the park announced Monday that Jang-Soon gave birth to her 18th calf, what the park says is a new world record. The birth on Sunday came coincidentally on Jang-Soon's 27th birthday.

SAMSUNG EVERLAND/THE ASSOCIATED PRESS

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Rodman says he's going back to visit 'good guy' Kim

Game plan. Retired NBA star says the autocratic leader has asked him to train North Korean players for the 2016 Olympics

Dennis Rodman is going back to North Korea, and bringing a team of former NBA players with him.

Days after returning from his second trip to visit Kim Jong Un — in which he said he became the first foreigner to hold the leader's newborn daughter — Rodman announced plans Monday to stage two exhibition games in North Korea in January.

The first will be Jan. 8 —



Former NBA basketball player Dennis Rodman speaks to the media in New York, Monday.

JOHN MINCHILLO/THE ASSOCIATED PRESS

Kim's birthday — with another to follow two days later.

Rodman insisted at the Manhattan news conference that Kim is a good person who wants to have better relations

with the United States.

Though saying he didn't want to discuss politics, Rodman raised his voice when answering a questioner about Kim's human-rights record and portrayed himself as the person who could make outsiders see the young leader as different than his father and grandfather. "He has to do his job but he's a very good guy," Rodman said.

He talked around a question about American citizen and Christian missionary Kenneth Bae, who was arrested in November. Rodman said lobbying for the release of a prisoner wasn't his job, blaming U.S. President Barack Obama for not reaching out to ease tensions between the countries.

THE ASSOCIATED PRESS



Troll guards new bridge

A bridge troll stands by the Bay Bridge's east span tower shortly before the bridge opened to traffic in San Francisco in this Sept. 2 photo. The final piece of safety hardware — a bearded, spindly legged troll — has been installed in the new eastern span of the San Francisco-Oakland Bay Bridge. The troll is meant to be a protector and good luck charm, modelled after a similar statue placed surreptitiously by a steelworker on the old span that was damaged during the 1989 Loma Prieta earthquake. The new section of the bridge has been under construction for almost a decade and follows years of political bickering, engineering challenges and cost overruns.

BAY AREA TOLL AUTHORITY, NOAH BERGER/THE ASSOCIATED PRESS

Churchill, Man.

Man uses his cellphone to fend off polar bear

A man who used his cellphone to scare off a 180-kilogram polar bear says he's lucky to be alive with only a few superficial puncture wounds and scratches.

Garett Kolsun, 40, was walking home early Saturday morning in the Hudson Bay community of Churchill — known as the polar bear capital of the world — when he turned around and saw a polar bear charging towards him.

Trapped on the porch of a bakery — with the bear pinning him against the door — Kolsun pulled out his cellphone and turned the screen toward the bruin. The lit screen startled the bear and it took a step back, allowing Kolsun to flee.

Kolsun said he ran several blocks before he turned around and saw the polar bear was gone.

THE CANADIAN PRESS

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Plane veers off runway at Bangkok airport

Thailand. Two of the 14 injured remain at an area hospital

A Thai Airways Airbus 330-300 skidded off the runway while landing at Bangkok's main airport after its landing gear malfunctioned, the airline said Monday. Fourteen

PR move?

After the accident, workers blacked out the Thai Airways logo on the tail and body of the aircraft in an apparent effort to protect the airline's image. An airline official said the move was normal practice for Thai Airways after an accident.

people were injured while escaping the plane, it said.

The flight from Guangzhou, China, was carrying 288 passengers and 14 crew members.

"After touchdown at Suvarnabhumi airport, the landing gear malfunctioned and caused the aircraft to skid off the runway," Thai Airways president Sorajak Kasemsuvan said in a state-

ment. "Sparks were noticed from the vicinity of the right landing gear near the engine; the matter is under investigation."

The incident occurred less than two weeks after 20 passengers were injured when a Thai Airways Airbus A380 hit severe turbulence as it was descending to Hong Kong's airport.

THE ASSOCIATED PRESS



A Thai Airways plane that skidded off the runway Sunday sits at Suvarnabhumi International Airport in Bangkok Monday. After the accident, workers blacked out the logo on the tail and body of the aircraft. APICHART WEERAWONG/THE ASSOCIATED PRESS

House fire

Captain America, Batman save kitty

When a West Virginia home caught fire, trapping a kitten inside, it was Batman and Captain America who came to the rescue.

John Buckland, dressed as Batman, and Troy Marcum, dressed as Captain America, saw smoke at a house nearby when they were entertaining children. They ran to the house along with another bystander and Buckland grabbed the kitten, ran outside and gave it mouth-to-mouth resuscitation. THE ASSOCIATED PRESS

Ownership rights

Marvel settles Ghost Rider suit

A writer has reached a settlement with comic-book publisher Marvel Entertainment over claims he owns the rights to the Ghost Rider character.

The deal was revealed in a court filing Friday in federal court in Manhattan. Gary Friedrich had sued Marvel in 2007, saying he was owed a cut of the box-office proceeds from a film version.

A lower court found he relinquished his rights in 1979, but an appeals court in June reversed the ruling. THE ASSOCIATED PRESS

London. Buyer splashes out \$865K for James Bond submarine car at auction



RM Auctions assistant Hannah Fairclough with the white Lotus Esprit used in the James Bond movie *The Spy Who Loved Me*, Monday, in London. The car sold for 550,000 pounds (\$865,000 US) at auction. SEAN DEMPSEY/PA/THE ASSOCIATED PRESS

A car that transformed into a submarine in the James Bond movie *The Spy Who Loved Me* has been sold at a London auction for 550,000 pounds (\$865,000 US).

The distinctively shaped white Lotus Esprit, designed for an underwater scene in the 1977 film starring Roger Moore, was sold at RM Auctions on Monday.

The sale price was below

the auction house's initial estimate price of 650,000 to 950,000 pounds — perhaps because the vehicle cannot be driven on the road, though it is said to be a fully operational submarine.

In the film, Moore and co-star Barbara Bach escape a helicopter attack by driving the Esprit off a pier into the sea.

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Retail

CPPIB, Ares to buy
Neiman Marcus

A \$6-billion US deal for American luxury retailer Neiman Marcus comes at a good time because the strengthening U.S. economy provides opportunities for growth, the Canada Pension Plan Investment Board said Monday after announcing it's partnering with private equity firm Ares Management to buy the Dallas-based company.

Neiman Marcus is one of the largest luxury retailers in the U.S., with 79 stores under the Neiman Marcus and other banners, including two Bergdorf Goodman locations in Manhattan.

THE CANADIAN PRESS

Market Minute

DOLLAR
96.40¢ (+0.33¢)

TSX
12,854.64 (+33.72)

OIL
\$109.52 US (-\$1.01)

GOLD
\$1,386.7 US (+\$0.20)

Natural gas: \$3.61 US (+8¢)
Dow Jones: 15,063.12 (+140.62)

Kryptonian currency. Mint
unveils Superman coins

Superman has received the Canadian royal treatment. The Royal Canadian Mint unveiled seven coins Monday, each depicting different moments in the superhero's history, to mark the character's 75th anniversary.

The coins also feature an engraved message reading "75 years of Superman" in the character's native language, Kryptonian.

One of the coins depicts Superman flying above Metropolis with the famous Fortress of Solitude in the background.

The 14-karat gold coin

Price range

\$29.75

The coins are priced starting at \$29.75, and range up to \$750 for a 14-karat gold coin.

sells for \$750 and is supposed to be like the original design of Superman's Canadian co-creator, Joe Shuster. The other six coins have a price range from \$29.75 to \$129.75.

The designs include a 3D hologram of Superman flying and an almost pure silver coin of Superman in his latest uniform. **THE CANADIAN PRESS**



Superman fan Norman Antonio wears a costume as he attends the unveiling of the Royal Canadian Mint's Superman commemorative coins in Toronto on Monday. MICHELLE SIU/THE CANADIAN PRESS

Hadfield touches
down to launch
school building

London, Ont. Business students benefit from some out-of-this-world advice as part of \$110M complex's grand opening



SCOTT TAYLOR
Metro in London, Ont.

The astronaut who became a star instilled Western University business students with a message of hope tempered with reality on Monday.

"Prepare for the worst," urged Cmdr. Chris Hadfield, considered by some to be Canada's greatest gift to space since the Canadarm.

Back on earth after more than five months at the helm of the International Space Station (ISS), Hadfield was invited to Western in London, Ont., as part of the school's unveiling of the \$110-million Richard Ivey Building.

Hadfield noted how much the world has changed since the end of the Second World



Cmdr. Chris Hadfield takes the stage Monday at Western University, urging a crowd of business students to be prepared for anything that comes their way. ANGELA MULLINS/METRO

War, marvelling over the many "antagonistic countries" that worked together to build the ISS.

"To think about that transition happening in less than a lifetime, of all of that hatred and misunderstanding and individual agendas, and now

Richard Ivey Building stats

- The Ivey Business School's new showpiece boasts three student lounges, 15 78-seat classrooms and five 50-seat classrooms. It also has enough exterior glass to cover 10 basketball courts.

there's a mission control for the space station in Japan, one in Germany, one in Moscow, in Canada and the United States," he said.

But Hadfield also tried to instill some caution in his audience by describing his first spacewalk in 2001. Moments into the walk, contamination in his helmet blinded him in both eyes, but it was countless hours of preparing for the worst that saved him.

"I practised that emergency so many times that my immediate reaction wasn't one of panic or one of ignorance, but one of calm and readiness," he said.

Caesars bets on giant ferris wheel

The madcap carnival on the Las Vegas Strip is getting another over-the-top addition: The world's largest Ferris wheel.

The outer wheel of the 55-storey High Roller ride was scheduled to be hoisted into place Monday. The gargantuan project is now visible from all over the city, including the air-

port. Early next year, it will be outfitted with 1,500 LED lights, and start its slow spin. "It's going to be an icon," project director David Codiga said. "It's going to be a part of your visit to Las Vegas if you ride it or not. It's more or less impossible not to see it if you come here."

Caesars Entertainment is

building the ride as part of its \$550-million US Linq development, a new outdoor plaza across the street from Caesars Palace that's designed to lure Gen Xers and millennials, demographics Caesars believes will contribute a majority of Sin City tourist dollars by 2015.

THE ASSOCIATED PRESS

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High Roller project director David Codiga gestures skyward in front of the partially built Ferris wheel on July 30. THE ASSOCIATED PRESS

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DON'T FALL FOR ALL DIGITAL DEALS

I'm a sucker for a daily deal. If you tempt me with 62 per cent off a spa package or discounted eyelash extensions, there's a pretty good chance I'll punch in my credit card information.

Today, there are more than 300 group-buying websites worldwide offering an infinite number of ways to help you look, feel, eat and live better for less. At the best of times, these e-commerce portals have a lot to offer both merchants and consumers, helping retailers bring in new customers and providing thrifty folk a great opportunity to try out local businesses on the cheap.

However, I'm starting to find that I'm racking up my Visa card with high expectations only to feel let down when these discounted experiences don't exactly pan out.

Admittedly, sometimes it's my own fault. Promotional emails usually show up in my inbox before my morning coffee



SHE SAYS
Jessica Napier
metronews.ca

has kicked in which leads to impulsive purchases without any consideration of when I'll use the coupon or whether I actually have any interest in the product on offer. I mean, how many gallery wrapped canvas prints does one person really need?

These spontaneous buys often result in a subpar user experience. Overlooking the imminent expiry date on your gym pass can make it impossible to attend enough classes to make it worthwhile. And forgetting to read the fine print means you'll probably gloss over some important restrictions, such as those details stipulating your coupon for a romantic dinner for two is actually only valid between 5 p.m. and 6 p.m. on Mondays.

I know when I'm to blame when it comes to not getting the most out of my discounted purchases. But what happens when you do everything right and still wind up disappointed?

Last Christmas, my boyfriend received a voucher to test drive exotic cars at a nearby race track. Unfortunately, after dozens of phone calls and emails sent to the company that was offering the deal, it became apparent that scheduling a spot for him behind the wheel wasn't going to happen.

And this certainly isn't the only case of an online coupon gone sour. I know plenty of people who have had similar experiences with local merchants abruptly closing up shop or making it so difficult to book appointments that buyers are forced to just give up altogether.

Most sites offer refunds or credit for defunct deals, with the onus on the individual buyer to follow up and demand their money back. That said, I'm still waiting to hear back from a couple of companies regarding my own unsatisfactory experiences and am learning to be much more cautious when it comes to these bargain buys.

Because sometimes those frugal finds really are too good to be true.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Do you need a hand?

3D printing helps replace lost digits

Dylan Laas shows how his Robohand works.

Laas, who was born with Amniotic Band Syndrome, got his hand from South African carpenter Richard van As, who lost four fingers to a circular saw two years ago and started work on building the Robohand after seeing a video posted online of a mechanical hand made for a costume in a theatre production. Since then, van As has fitted Robohands on about 170 people, from toddlers to adults.

THE ASSOCIATED PRESS

The motivation

"After my accident, I was in pain ... Sometimes you have to chop fingers off to start thinking."

Richard van As, Robohand creator

The details

- It's made from cables, screws, 3D printing and thermoplastic. It uses the rotation of a joint to enable five plastic digits to grasp.
- It costs \$500 to make.



DENIS FARRELL/THE ASSOCIATED PRESS

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

Bandcamp is an online music store that allows customers to buy music directly from the artists, usually for only a few bucks and with an added bonus of being able to preview albums in full. Here are some Canadian artists to check out.



COURTESY/BANDCAMP

How Sad:

Despite the weather trending toward the chilly, How Sad fits in perfectly with the two groups mentioned below as sunny day soundtrack while taking care of the synthpop side of things. Let's hope fall co-operates enough to provide us with a few nice afternoons to enjoy them with. (howsad.bandcamp.com)

Sean Nicolas Savage:

An obnoxiously prolific Montrealer

who is equally at home writing breezy summer ballads and electro oddities. Flamingo is about as pleasant as an album gets. (seannicholassavage.bandcamp.com)

Grounders:

A beautifully handled collision of psychedelia, surf guitar and earworm pop, this Toronto band's debut EP is an absolute gimme. (grounders.bandcamp.com)

Twitter



TODAY!

@metropicks asked: Bitcoin kiosks that exchange cash for digital money will come to Canada. Will you be converting?

@BrookeBoser: Anyone use these?

@zimer77: Too new and people will decide.... I will not convert!

@Canucklehead_ca: To bitcoins? No way - people should hold off for my 'Lincolns' kiosk which will dispense IOUs. (As good as money.) INVEST

Follow @metropicks and take part in our daily poll.

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SCENE 2

Researcher among the shy

Salinger. Armageddon and Avatar writer Shane Salerno took years to find the info he needed for doc about famous author

MATT PRIGGE
Metro World News in New York

Like many who toil in Hollywood, Shane Salerno had a passion project on the side. While writing for NYPD Blue and getting credits on the likes of Armageddon (he's also James Cameron's co-writer on one of the Avatar sequels), Salerno laboured hard on a look into the unknown (or at least under-known) private life of the most famously private writer of all: J.D. Salinger. The fruits of his labours are now available, namely a documentary and a 700-page book, both called simply Salinger. (And for the record, his favourite Salinger works are the Nine Stories members A Perfect Day for Bananafish and For Esme — With Love and Squalor.)

Was this always intended to be a non-fiction project?

Initially I wanted to make it as a feature with Daniel Day-Lewis playing Salinger. But I knew how fanatical he was about research. Over the course of all this research I realized it's a documentary. The people I needed to talk to were in their 80s and 90s



J.D. Salinger, left, after the Normandy invasion with his fellow counterintelligence officers. THE ASSOCIATED PRESS

— this had to go now. And I just started filing them. About six months into the documentary I realized there was no way this story could be told only as a two hour film. That's when the book became important.

Do you view the movie as a gateway attraction for the book, which is bigger and more comprehensive than the two hour film?

I view them as one combined project. They work independently of each other. The book has a ton of material the film doesn't have, and the film has a ton of things the book just can't do — specific cinematic

things. The book is about his life and has an enormous amount on his work. The film is about his life with a psychological portrait of his work.

Were some of the people hard to convince to take part?

Sure. In the case of Jean Miller — this was a woman who was 14 when she met Salinger, 19 when their relationship ended, who had a hundred letters from him and had never told her story anywhere. Not only did she talk to us, she gave us all of Salinger's letters to her. They start in '49 and go all the way to 1954, when she's in college, and he's sending



Shane Salerno is finally enjoying the fruits of his labour. GETTY IMAGES

her telegrams saying can you come up this weekend? These letters provided this un-

precedented look at Salinger.

Did Miller require a lot of coaxing?

I wouldn't say coaxing. She wanted to make sure this was a serious endeavour, and one that would tell her story and Salinger's story honestly. She definitely put us through a hardcore vetting process.

Ultimately how did you wind up convincing her?

I think it was just time. At that point we were eight years in, seven years in, and she had seen the work. And remember if we wanted to do something cheap and exploitive we would have slapped this thing out in 2010, right after he passed away. We had a done film, ready to go when he passed away. There was a lot of pressure to do that. I just knew there was this other material. Because we waited we got things like the only photo of him writing during the war.

Were there myths you wanted to debunk?

That he was a recluse. There was nothing reclusive about J.D. Salinger. Howard Hughes was a recluse. Recluses don't call The New York Times and grant spontaneous interviews. They don't see a 17-year-old girl on the cover of The New York Times Magazine and want to meet her and pursue her. That's another contradiction — he took his picture off of The Catcher in the Rye. That's what I was most interested in — those contradictions.

Volunteers Wanted for Cholesterol Study

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EHIDS.COM



David Myles has soared to fame on the strength of the Juno-award-winning hit *Inner Ninja*. His cross-Canada tour begins Wednesday in Winnipeg. THE CANADIAN PRESS

Myles knows he has miles to go

Long road to success.

East coast singer-songwriter is having the best year of his career, but he's set his sights on even more

David Myles looks long.

That's not just a physical assessment of the tall, gangly 32-year-old singer-songwriter, who cuts an atypical figure for someone who has won one of Canada's top hip-hop music honours. He wears thick-rimmed glasses, hails from New Brunswick with a home base in Halifax and, on this balmy day, he's just completed an intimate set in Toronto for the lunchtime Bay Street crowd wearing a large-brimmed sun hat and white linen suit.

It's also a reflection of Myles's approach to his music career. It's been a wild year that he described as "the best of my career," spurred on by the massive success of *Inner Ninja*, the earnest rap tune with Halifax MC Classified (the alias of Enfield, N.S.'s Luke Boyd) that has soared to the top of Canadian charts and last year won the Juno for rap recording of the year.

But he's taking it all in stride.

"It's been the coolest thing. It really, really has," said Myles. "But I'm not a superstar by any stretch. I'm out there on the

Hali-facts

Halifax is the shared home of David Myles and Classified. The city was once hailed as a "new Seattle" for indie rock — promoting that collaborative spirit. The city has produced a wide range of talents, from folkster Joel Plaskett to indie songbird Jenn Grant to oddball rapper Buck 65, many of whom have

partnered up and swapped genres like clothes. "You're in it together. You're an outpost, to a certain extent. That's why St. John's is great, Winnipeg is great. There's a certain amount of isolation there, and you've got to hone your skills before you head out into the wider world," Myles says.

road — and everybody is. You play shows, a certain number of people say, 'I love this,' they get the CD: that's how you build your career. There are breaks or whatever, but ultimately day by day, it's incremental building.

"It takes years, man, it takes years. And if you think it doesn't, then I think you're probably in the wrong game."

To those who have tracked Myles's career, this move from singer-songwriter roots crooner to hip-hop might not be that surprising for the musical chameleon. He says he's been a longtime rap fan — particularly of Canadian pioneer Maestro Fresh Wes — and has always been influenced by other genres.

In the same breath, he names Willie Nelson, David Byrne and Sam Cooke among his inspirations; he's collaborated in the past with opera soprano Measha Brueggergosman and bossa nova singer Bia. He says, with a laugh, that his next album might

take its cues from country legend Merle Haggard.

"I like the idea of having a really varied career, and I hope I have a long career that's really diverse," he said.

Nevertheless, this recent dip into the hip-hop waters did provide for some new challenges. Myles says he learned music in the "traditional" way — practising scales, learning chords, playing in the school band, training with the Royal Conservatory of Music — which evolved into songwriting. The odd-couple partnership with Boyd, which began five years ago after the two Maritimers met at a music conference, has provided new insights into an unfamiliar frontier, where chords and melodies play second fiddle to drumbeats and samples.

"I've learned more in the last year than I have since I started playing music when I was eight," says Myles.

THE CANADIAN PRESS



REASONS MOMMY DRINKS

A hilarious guide to parenthood. In bookstores now.



page 82

Diabetes, dating and a dirty mind

Sister act. Este Haim, oldest sibling in the rocking trio Haim, talks about how the pursuit of perfection delayed their album release

RICHARD PECKETT

Metro World News in London

Este Haim sits perched at the bar — among love-locked couples and scurrying waiters — in central London's trendy The Riding House Café. "It's a first-date kind of place," she strikes up.

Indeed, she's the sassiest of the Los Angeles trio — three sisters that form the guitar-wielding indie-rock band Haim. Since last year, the siblings have roused the music industry jaded by dance derivatives with their Nu-folk-meets-'90s R&B pop.

The fans are swooning, too, with girls wanting to be them and boys wanting to bed them. After a clutch of EPs and a series of tours worldwide, the Rapunzel-haired siblings — Este, 27, Danielle, 24, and Alana, 21 — are finally releasing their much-delayed debut album *Days Are Gone*, which includes tracks such as *Don't Save Me*, *Falling* and *Forever*, due out on Sept. 30. Metro chats with the eldest sis — the band's bassist — about their first record, cheating in exams, diabetes and their rock-loving parents.

Why did you delay your



After a clutch of EPs and a series of worldwide tours, Haim is set to release their much-anticipated debut album on Sept. 30. CONTRIBUTED

album release?

We wanted to be able to experiment and kind of figure out sonically how we wanted things to sound. The truth is we did a couple of songs a couple of times a couple of different ways. On top of that we went on tour with people we really admired: Florence (Welch), Mumford and Sons, Vampire Weekend.

You've had so much hype and exposure that this

doesn't feel like your debut album.

To me this definitely feels like my first record. We've put a lot of pressure on ourselves.

Are you a perfectionist?

Yeah, to a fault. OCD, ADHD — it's a lethal combination. We wanted it to sound cohesive and make sure there were some elements that tied everything together. It's a reflection of our lives since

we started the band.

Sounds deep.

Thank you. I went to college and university.

You finished a five-year course in two years — very impressive.

I did. Funny because yesterday I told everyone onstage I cheated on my SATs.

How did you cheat?

Well, I basically had my phone with me.

I'm impressed you managed to get your phone in.

It's because... oh my god. Because I'm diabetic, I get to have my room and I get more time on the SATs — no one was watching me.

Have you used that trick since?

To get out of a speeding ticket. I don't want to use diabetes as an excuse because it's not, but speeding tickets in America are like \$600, you get two

The art of perfection

"We wanted it to sound cohesive and make sure there were some elements that tied everything together."

Este Haim on Haim's debut album

points on your record and my dad would have taken my car away.

What actually happened?

The cop pulled me over and I was like, 'My blood sugar is low and I was rushing to 7-Eleven to get an OJ' and he let me go.

Let's talk men: You've got a bit of a thing for rapper A\$AP Rocky.

It goes without saying — he is a pretty motherf—r and he has such swagger.

You recorded LVL with him. Was he stoned?

Let's just say it was pretty purple in there. We ended up having a weird YouTube party where we tried to one up each other on who could show the dopest YouTube video. That's where I discovered Gangnam Style — A\$AP Rocky showed it to me. We couldn't figure out what he was saying — we thought it was "open condom style."

Dirty mind.

My mind is perpetually in the gutter.



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You can't fix love with duct tape, Red

Guide to women.

Red Green is back and ready to offer his wisdom on love and relationships in a book

For years, nay, centuries, man has struggled with one central question: What does it take to make a woman happy?

Thankfully, a wise man has boldly stepped forward with the answer: Red Green.

Yes, that Red Green. The guy with the checkered shirt, fishing hat and suspenders. The genius who uses duct tape to fix everything. Red Green is back from Possum Lodge, Chapter 11, and once again he has all the answers.

You'll find them in his new book: Red Green's Beginner's Guide to Women (For Men Who Don't Read Instructions).

Chapters include Men are from Mars, Women are from Men, Groom for Improvement and Is it Love or Just Gas?

The hardcover tome published by Random House arrives in bookstores Tuesday, Sept. 17.

Green, the comical creation of Steve Smith, endeavours to help his brethren through all the tricky stages of male-female relationships. There are tips on everything from finding a mate right up to the all-important "learning to deal with her growing disappointment in you."

Smith, 67, thought he had retired Green in 2006 when The Red Green Show went out of production after 15 seasons — making it, he claims, "the longest-running, live-action scripted comedy in the world." When he decided to write books and perform live comedy shows a few years ago, the longtime resident of Hamilton, Ont., had to retrieve Red's hat from the University of Toronto, where he had donated it to the library archives.

Now he's back in cap and suspenders for another Red Green How to Do Everything tour. The live 29-city showcase opens Friday and Saturday in St. Catharines, Ont., with all proceeds from those two shows going to Ronald McDonald House. Other stops include Surrey, B.C. (Thursday, Sept. 19), Casino Rama in Ontario (Oct. 26) and Fredericton, N.B. (Nov. 1). A full list can be found at redgreen.com.



Red Green's Beginner's Guide to Women (For Men Who Don't Read Instructions), includes chapters like Men are from Mars, Women are from Men, Groom for Improvement and Is it Love or Just Gas? THE CANADIAN PRESS

Gift giving

So what's the dumbest thing Steve Smith a.k.a. Red Green has ever given his wife in their 47 years together?

- Mukluks. They weren't high-fashion mukluks either. "These were entry level. To me, heels are dangerous."

Smith will tour U.S. cities in the spring. In the summer of 2012 he performed in Fairbanks, Alaska, where he judged the 16th annual Red Green River Regatta. Contestants float down a river, says Smith, "and the only rule is you've got to use at least one roll of duct tape and whatever you're in can't be a boat."

Smith watched people paddle by in refrigerators and other homemade contraptions; the locals pelt them with water balloons from the shore.

There'll be no water balloon tossing at the live shows. While some might quibble with Green's credentials as a relationship expert, Smith has earned the right to hand out marriage advice. His union with wife Morag will have lasted 47 years come this Remembrance Day.

"I got a deal on the flowers," says Smith.

The two met in high school and their first date was on Morag's 16th birthday. They worked together for many years, singing and performing sketches on their Smith & Smith variety show in the late 1970s and early '80s on Hamilton's CHCH.

Speaking from experience,

THE CANADIAN PRESS



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Single Dude



LYRANDA MARTIN EVANS AND FIONA STEVENSON

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Tumblr joke turned web phenom turned book

Texts From Bennett.

Kansas City hip hop artist's texts from his cousin are making him a small fortune

ALEXANDRA
CAVALLO

Metro World News in New York

Two years ago, an ingeniously simple Tumblr featuring the copy-and-pasted text messages of a "17-year-old white boy who thinks he's a Crip, works at Amoco, has a girlfriend named Mercedes, and is one of the most unintentionally funny and brilliant souls on the planet" almost broke the Internet, so rapid and immense was its popularity and reach.

If you don't know what we're talking about, we can only assume you were hanging out under a very large rock during late 2011, because Texts From Bennett just

might be one of the defining Internet memes of our time.

The Tumblr, which instantly whipped the world wide web into a frenzy of delight, horror and speculation as to whether or not Bennett was a fake, turned out to be the creation of Kansas City rapper Mac Lethal (a.k.a David Shelton) who felt that his wannabe gangster cousin Bennett's loveably crass and mostly inane texts were too good not to share with the world. Now, Lethal has turned the popular Tumblr into a novel. We checked in with the rapper/author in between stops on his Texts From Bennett Tour, during which he'll be signing copies of the new book and performing live.

When you first started Texts From Bennett, did you have any idea it was going to be such an insane phenomenon?

I had no idea it would be this huge. The world wasn't ready for a 17-year-old Crip with

the inability to speak coherent English.

How did you get the idea to start the Tumblr?

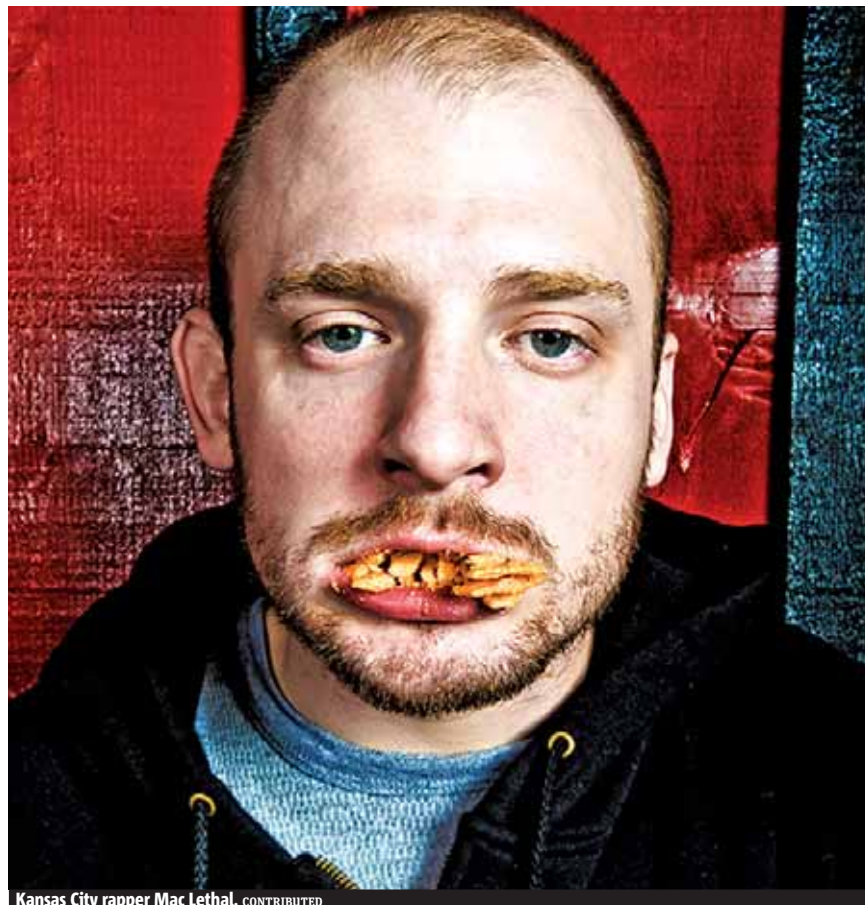
I needed a place to collect the screenshots because my phones kept breaking and losing them all, so I started it with no intention of it ever being big.

What's the book about — is it just a collection of his texts or is it more of a narrative?

It's a single narrative about Bennett and his mom, my Aunt Lillian, coming to live with me for a summer.

What's Bennett like in real life?

Gentle. Tattooed. Surprisingly supportive in all aspects of life. He's the type of kid who would rather come along for the ride to something you were doing, and be happy for your good experience, than try to impose his own experiences on you. He has a big heart ... just mislaid.



Kansas City rapper Mac Lethal. CONTRIBUTED



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Christina Aguilera. ALL PHOTOS GETTY IMAGES

Motherhood puts Aguilera back in good shape

Christina Aguilera has wowed onlookers by getting back into fantastic shape recently, but she insists regular trips to the gym have not been part of the equation. "If I can squeeze in a workout,

great. If not, that's OK, too," she tells Maxim magazine. Her secret? Trying to keep up with five-year-old son Max. "Running around with him all day is pretty good exercise," she insists.



Thandie Newton

Newton pregnant with child number three

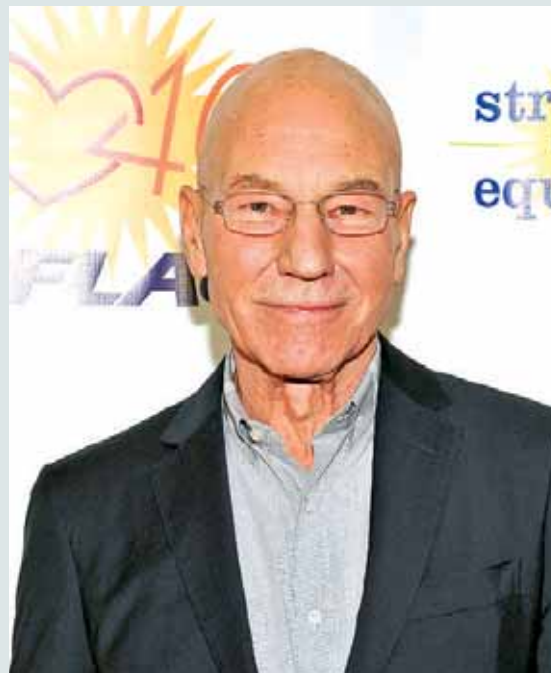
Thandie Newton is going to be a mom once again. The actress is reportedly pregnant with her third child with her husband, writer-director Ol Parker, according to Us Weekly. Newton and Parker have been mar-

ried for 15 years and are already parents to daughters Ripley, 12, and Nico, 8. "She couldn't be more happy. You can barely tell she has a bump and she's been dressing different because of it," a source says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



McKellan plays priest as Stewart has fun getting hitched

PAT HEALY
Metro World News in Boston

Patrick Stewart is off the market. The former Star Trek captain married Sunny Ozell this weekend, with good friend Ian

McKellan officiating the wedding. Always a fan of frivolous fun, the X-Men star announced his marriage by posting a photo to Twitter of himself and Ozell buried neck-deep in a ball pit with the caption, "Yes, married." McKellan also took to Twitter to announce the event, posting a photo of himself with his Doctor of Divinity certificate and a T-shirt with the word "minister" emblazoned on it. "I did my part," he wrote.



Robin Quivers

Robin Quivers reveals battle with cancer

Robin Quivers revealed yesterday on Howard Stern's Sirius XM radio show that she has been fighting bladder cancer for the past year. Quivers, who left the show last year for a then-undisclosed reason, revealed that the cancer had been discovered in the endometrial tissue in her uterus. Thanks to serious treatment, including surgery, chemo and radiation, the cancer is now in remission. "It was so huge that it was lying on all the organs in my pelvis, and they

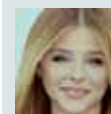
literally had to scrape it off," Quivers recounted about the tumour. "They couldn't even figure out how to operate at one point because it was so massive." Stern said that if it wasn't such a happy outcome, he would have ended the show. "I'll f---ing kill you if you have cancer. I'm not doing the show without you. ... I'm quitting if you're not doing the show," he joked/threatened when Quivers initially left the show for a "procedure."

Twitter



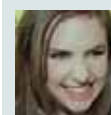
@MichaelChiklis

WTF is this brand of awkward, humorless comedy that so many films go for these days? Awkward is awkward, not funny...it's excruciating!



@ChloeGMoretz

Remember that time I made tons of chemistry jokes.. ohhh what a nerd i am



@lenadunham

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Is there a 'bigorexic' man skulking around your gym?

Fitness. Even without the drug abuse attached to excessive bodybuilding, there can be some serious dangers

LINDA CLARKE
Metro World News

When is big too big, or even dangerously big? That's the question some health experts are asking about excessive bodybuilding. Nicknamed bigorexia, obsessive muscle mass bulking can damage mental and physical well being, especially when it involves dangerous drug use.

"Bigorexia is the term we're using for men who are using substances like anabolic steroids and testosterone to get bigger and bigger," says Dr. Damon Raskin, a board-certified internist with a specialty in men's health. "The danger with taking supplemental testosterone is that it shuts off the body's ability to make it. Depression is a common side effect; it can damage the liver too, as can anabolic steroids."

Similar to anorexia, bigorexia often affects teens who are prone to insecurity or unsure of their physical identity.

"They see these athletes and hear about them using enhancement drugs, and they think it's OK," says Raskin, who says the issue is "becoming a big problem."

He says efforts to educate people about the disorder

Supplements

No drugs, no problem?

- **Not true.** Even bigorexics who don't use drugs to help build muscle mass are prone to health problems from excessive exercise and eating too many high-protein foods, like meat, eggs and supplements.

need to start in schools, and early. And a healthy home life helps too.

"The person who is susceptible is someone who perhaps has a stressful home environment, low self-esteem, or been rejected by a girl or boy."

Warning signs that parents and friends can watch out for include increased aggression and overdoing it on diet and exercise.

"If you see rapid physical changes and someone develops massive biceps in four to six weeks, that's not normal," says Dr. Raskin.

As with any drug dependency and psychological disorder, it's important to seek professional help.

"It's necessary to get psychotherapy to find the underlying problems and treat them," Raskin advises. "Then, we work to balance out hormones. Over time, taking these drugs can cause lasting physical damage, but if caught early enough an endocrinologist can usually reverse any problems."



Working out is OK, just don't get obsessive about it. ISTOCK

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Scott
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Bob Harper, trainer on NBC's The Biggest Loser, encourages parents to ease their kids into healthy habits. CONTRIBUTED

Make sure your kid isn't the Biggest Loser

Health education. Bob Harper, trainer on the weight-loss show, tells Metro how to get your children thinking and acting healthy

MEREDITH ENGEL
Metro World News

Our children "are sponges," says Bob Harper, trainer on NBC's The Biggest Loser, in that they absorb the behaviours they witness in their parents.

Make sure you're sending out the right signals when it comes to your child's health with these tips from Harper, which he provided at Saturday's U.S. Open.

Set the example

"You can't just tell your kids to go out and play when you've come home from a

Food for thought

One more tip

- **Don't rely on fast food.** "You have to get more involved with what our kids are eating so they're not so enticed by that fast food nation that does have billions of dollars to spend in markets to attract our kids: Come to our restaurants and get these toys and play on these playgrounds while still eating this crap for food."

long day (and sit in front of the TV). I get it. We are all busy, but if you have children you have a responsibility to those children and their future. I think that the only way that real change can happen is when parents get involved," he says.

Encourage play

"My mission is to get (kids) playing whatever sport they want to be playing," he says. "The last thing I would want to see is a child in a gym on a treadmill or something like that. ... If you're the active parent and you've found something that really works for you, it might not work for your children. Find something that they like to do — that is going to get them active and that's what will keep them going and want to do it more."

Don't keep score

"I don't really like to introduce the competitive element in any kind of sport activity with kids in the beginning," he says. Instead, make the games just about fun. "I think it sets a better tone in the beginning of that camaraderie, that love of whatever sport it is. Hopefully it's going to ignite something in them. Bring in the competition later."

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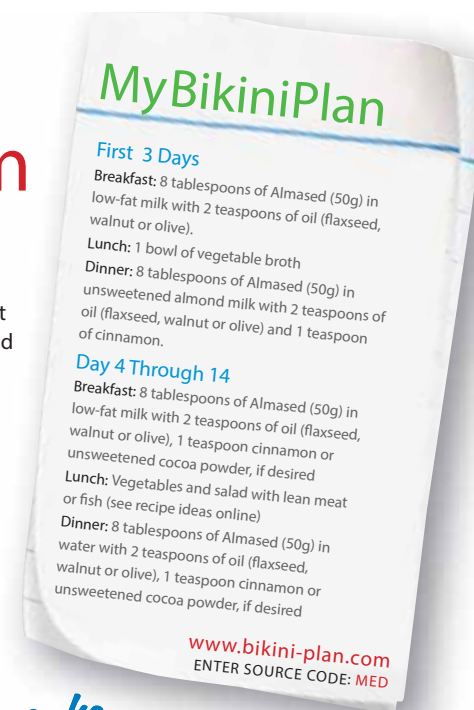
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TALKING ABOUT SEX

University and college students are heading back to class, but they will also be making tracks to local pubs, residence parties, as well as sorority/fraternity events and the like.

The typical socializing and drinking that often come with these fun events also bring up the matter of sexual health. Or, rather, the lack of attention to sexual health.

After all, who is going to talk condoms and STIs (sexually transmitted infections) when young people are just getting to know each other? Most have no idea of where to start.

"The conversation isn't about how to use a condom, it's communicating about condoms, period," says Brian Parker, sex educator with Options Sexual Health Association in Edmonton. "Knowing how to talk about it, how to negotiate a conversation, is key."

Teaching sex education to junior and senior high students, Parker says teens

show a great level of comfort talking about issues like pregnancy, abstinence, masturbation, etc. And thanks to 24/7 access to information and misinformation online, young people are armed with plenty of details, but not necessarily the facts. Most don't realize, for example, that syphilis has been on the rebound since 2006, and that a new antibiotic-resistant gonorrhea is just reaching North America from Eastern points.

"Kids need to hear medically-correct information, but also that not all young people have sex, and that's cool, too," Parker says. "It's all about that open conversation."

At Ottawa's Sexual Health Centre, nurses talk to clients not only about safe sex and negotiating the use of condoms, but also about sexual readiness and abstinence, especially at school-based satellite offices.

"It's important to emphasize that if you can't talk about it, you shouldn't



PRESSMASTER/COLOURBOX

do it," said Pam Oickle, manager of the Ottawa Public Health healthy sexuality and risk reduction unit. "And practising safe sex means talking with your partner. The numbers for chlamydia and gonorrhea remain high in the 15-24 age group,

but numbers for those being tested drops at times. Whenever there is a community event, like the Pride parade, response goes up again. Awareness, education and dialogue is key."

—Lucy Haines

DON'T LET YOUR SEX LIFE GO BY THE WAYSIDE

September is busy time for all of us.

Summer vacations are over, kids are going back to school, and we may be heading back to school or back to a regular schedule ourselves.

When life starts to get hectic and the demands on your time close in, it's easy to put your sex life on the back burner, but keeping sex in your life could be one of the best things you can do to keep

your stress levels down.

Having regular sex, with a partner or even going solo, helps you manage your stress in a few different ways.

Sex, in general, and an orgasm, in particular, releases endorphins, which elevate your mood, making you feel more positive and capable to handle your busy schedule.

An orgasm releases oxytocin into the

brain, which relaxes you and helps you sleep. Oxytocin also makes you feel more bonded and loving to your partner. This can help to combat the bickering and fighting that can happen during stressful times.

For couples, maintaining a close physical connection, with or without sex, helps to maintain a positive attitude towards your partner, the relationship and

toward life in general.

If nothing else, sex provides a welcome pause from all of the other demands in your life and can help to clear the mind, even if for just a few moments.

As your life begins to get busy this fall, don't let your sex life go by the wayside. Remember that keeping a little sexual fire burning will make you healthier and happier.



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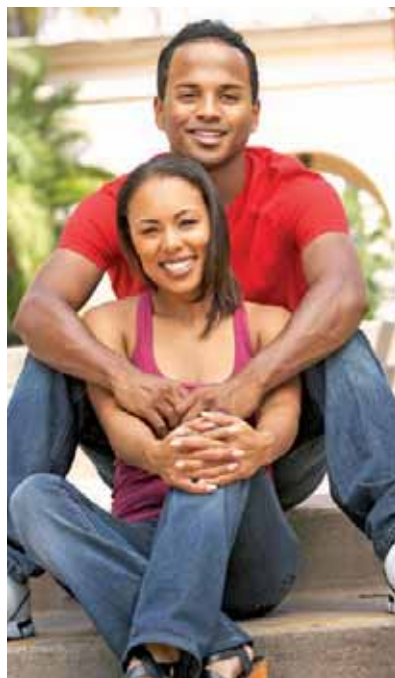
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PUTTING THE SPOTLIGHT ON SEXUAL HEALTH

Universities and colleges should probably offer a course called condom awareness, aimed at students in this key demographic for STIs (sexually transmitted infections)



COLOURBOX

and unplanned pregnancies.

Statistics bear out these concerns — in Canada, some of the highest rates and increases in STIs are in young people aged 15-24. Health Canada data shows that fewer than half of women report using condoms as a primary form of contraception, and young males (15-24) were less likely to report using a contraceptive at all.

“There is a condom fatigue,” says Brian Parker, a sex educator with Options Sexual Health Association in Edmonton. “Young people have an ‘it won’t happen to me’ attitude. They think of HIV/AIDS as a chronic illness now, not as a death sentence. And STIs often have no symptoms at all, so the issue isn’t top of mind.”

The Canadian Federation of Students (CFS) works with post-secondary student unions around the country to put a spotlight on sexual health. Besides the long-running “no means no” campaign, the CFU also helps provide campuses with low or no-cost safe sex materials.

“We want to continue the discussion about healthier relationships and safer sex,” says CFU national deputy chair-

person Vanessa Hunt.

A team of students working in the University of Alberta’s wellness services division offers presentations to student groups, residence gatherings and the like.

“These fresh faces come to the university for the first time and have to navigate challenging social situations,” says Jameela Murji, team lead with health promotion services at U of A.

“Our aim is to convey the key message of communicating with a partner and, if they’re going to do it, to negotiate safer sex.”

The U of A’s health clinic provides counselling, STI testing and free condoms, while a student health 101 online magazine brings home the same messages.

— Lucy Haines

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SUPER HEROES WANTED TO FIGHT DISCRIMINATION

SCOTIABANK AIDS WALK FOR LIFE AT SIR WINSTON CHURCHILL SQUARE ON SEPT. 22

Are you willing to be fearless, speak out, challenge stigma, and wear a super cool cape?

You would make a great addition to the annual Scotiabank AIDS Walk for Life. This year the walk is celebrating the many heroes that are moving us closer to our vision of zero. Zero new HIV infections, zero stigma and discrimination, and zero AIDS-related deaths.

The heroes day will start with an energy-boosting pancake breakfast and then build the energy to a critical mass with the much loved drag show.

Bryan Finlay, Edmonton’s own pop sensation who burst onto the music scene with his



hit Tonight is Alright will rock the stage as this year’s headliner.

The heroes will then take to the streets of Edmonton to conquer AIDS stigma and discrimination.

Dress up in your favourite super hero attire or create your own stigma-fighting hero or heroine and on Sept. 22 at Sir Winston Churchill Square for the Scotiabank AIDS Walk for Life.

For more information, to register or donate, visit hivedmonton.com.



SEPTEMBER 22, 2013
SIR WINSTON CHURCHILL SQUARE
10AM - 3PM

Join us for our pancake breakfast and then get ready to dance as we welcome an amazing Edmonton talent Bryan Finlay to the stage! Stick around for a wind down with our post-walk yoga class! This year will be the best ever so don't miss out!

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Soup season is around the corner: Veg & Bean Minestrone



This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)



ROSE REISMAN
For more, visit
rosereisman.com or
follow her on twitter
@rosereisman

This is a great vegetarian soup with loads of nutrients.

If you want this to be a complete meal, add six ounces of diced cooked chicken, beef, pork or seafood. You can also substitute the pasta for 1/4 cup rice or quinoa but allow to cook for another 10 to 15 minutes.

1. In nonstick saucepan, heat oil; sauté garlic, onion, carrot and celery until softened, approximately 5 minutes.

2. Add stock, potatoes, broccoli, tomatoes, chickpeas, bay leaves, basil and oregano; cover and simmer for 40 minutes or until vegetables are tender, stirring. Remove bay leaves. Season with pepper to taste.

3. Add pasta; cook 10 minutes, stirring often, or until spaghetti

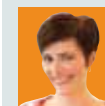
is firm to the bite. Garnish each bowl with cheese. **ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY ROSE REISMAN**

Ingredients

- 1 tbsp vegetable oil
 - 1 tsp crushed garlic
 - 1 1/2 cups chopped onion
 - 1 medium carrot, finely 1 chopped
 - 1 small celery stalk, finely 1 chopped
 - 4 1/2 cups beef stock
 - 1 1/2 cups finely chopped peeled potatoes
 - 1 1/2 cups chopped broccoli
 - 1 can (19 oz) tomatoes, crushed
 - 3/4 cup canned, drained and rinsed chickpeas
 - 2 bay leaves
 - 1 1/2 tsp each dried basil and oregano
 - Pepper
 - 1/3 cup broken spaghetti
- Garnish**
- 3 tbsp grated Parmesan

Health Solutions

If it looks like a duck...



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Don't just stand there! Duck! It is the new white meat and according to Grey County duck farmer Justus Martin (ovenready-ducks.com), the demand is growing.

Here's why: Canada celebrates ethnic diversity that brings with it a yearning for other proteins and duck fits the bill. In addition, as with most lasting trends, it all starts with the high-end restaurants looking to offer a new experience to their demanding clientele.

Duck has more flavour than chicken but is still considered "white meat" and, Muscovy duck is as lean as chicken

but it brings a richer flavour. It is an absolute myth that it takes anything more to cook a duck than it does to cook a chicken.

Cooking tips:

- Best on a spit with a simple rub of olive oil and spice.
- Roasts well in the oven just like chicken 350 for 3.5 hours.
- Breasts and drumsticks work well on the barbecue.
- Fall and winter weather just scream for a duck confit which is a hearty fix it and forget it, one pot meal.
- Serve duck with heartier foods with distinct flavours like: cranberries, sage, saffron, orange or onions.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON

TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Side dish. Mandarin Orange and Kale Salad



Massaging oil into kale is a great way to tenderize the leaves for this fruit-and-nut side salad.

1. Discard tough stems of kale. Tear leaves into bite-sized pieces. Place in large bowl. Drizzle 2 tbsp (25 ml) oil over top; using hands, massage oil into kale for 1 minute. Sprinkle pinch of salt over top; massage and squeeze for 1 to 2 minutes or until kale is slightly softened.

2. Peel mandarin oranges and pull off excess stringy white bits; segment. Add orange segments, apple, celery and red onion to kale. In small bowl, whisk together 2 tbsp (25 ml) oil, vinegar, salt and pepper. Pour over salad; toss to coat. Transfer to serv-

ing platter. Sprinkle with toasted almonds.

PRESIDENT'S CHOICE

Ingredients

- 1 bunch kale, washed and dried
- 2 tbsp (25 ml) PC Splendido Extra Virgin Olive Oil
- Pinch salt
- 4 mandarin oranges
- 1 PC Organics Gala Apple (skin on), cut in julienne strips
- 1 stalk celery, thinly sliced
- 1/3 cup (75 ml) thinly sliced red onion
- 2 tbsp (25 ml) each extra virgin olive oil and white balsamic vinegar
- 1/4 tsp (1 ml) salt
- 1/4 tsp (1 ml) black pepper
- 1/4 cup (50 ml) sliced blanched almonds, toasted

Mushrooms and potatoes give salad an earthy twist

1. Bring pot of water to a rolling boil. Gently add eggs, reduce heat to medium and boil for 6 minutes. Drain. Cover with cold water and let stand for 2 minutes. Remove eggs from water; set aside.

Ingredients

- 4 eggs, at room temperature
- 2 tbsp (25 ml) olive oil
- 1 cup (250 ml) halved PC Little Gems Golden Potatoes
- 1 pkg (100 g) shiitake mushrooms, stems discarded and caps cut in quarters
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) freshly ground black pepper
- 2 tsp (10 ml) Dijon mustard
- 2 tsp (10 ml) white wine vinegar
- 1/4 cup (50 ml) olive oil
- 1 tub (142 g) PC Organics Mixed Field Greens Salad Mix
- 1/2 cup (125 ml) thinly sliced red onion
- 1/4 cup (50 ml) chopped fresh parsley



This recipe serves six as a side salad. CONTRIBUTED

2. In large frying pan, heat 2 tbsp (25 ml) oil over medium heat. Add potatoes; cover and cook for 7 to 8 minutes, stirring occasionally, or until browned and cooked through. Add mushrooms; cover and cook 6 minutes or until mushrooms release juices and start to brown.

Season mixture with 1/4 tsp (1 ml) of the salt and 1/8 tsp (0.5 ml) of the pepper.

3. In bowl, whisk mustard and vinegar. Whisk in 1/4 cup (50 ml) olive oil, remaining 1/4 tsp (1 ml) salt and remaining 1/8 tsp (0.5 ml) pepper.

4. In large bowl, toss field greens, red onion, potato-mushroom mixture, and vinaigrette. Transfer to serving platter. Carefully peel eggs; cut in half lengthwise and arrange on top of salad. Serve sprinkled with parsley.

PRESIDENT'S CHOICE

Reasons Mommy Drinks: Because you hit her with a block and she can't swear

New book. Pair offers tips on surviving the first 18 months of your kid's life



**RICHARD
CROUSE**
Metro World News

Reasons Mommy Drinks, the new book by Lyrandia Martin Evans and Fiona Stevenson could have been subtitled What to Expect After You've Been Expecting.

"We really felt like this was the ultimate baby shower gift," said Martin Evans, a five foot seven inch blond with a keen wit and infectious laugh. "Both of us got a lot of doom and gloom books, so when we were writing we thought we wanted to do a baby shower gift book you can read and actually laugh with."

The book is a mom's eye view to surviving the first 18 months of parenting written chronologically from the baby shower to when the little ones are finally starting to walk and talk.

The book is part advice, part bartender's guide that offers up a coping mechanism that comes with a twist — a lemon twist.

Each of the parenting challenges — dealing with nap



Fiona Stevenson, left, and Lyrandia Martin Evans, authors of Reasons Mommy Drinks. GUSTAVO GONZALEZ

time, in-laws or the first haircut — is paired with mock or cocktail. The daycare chapter, for instance, is matched with the Day Care Defense, a fruity rum drink they say will "numb your guilt, kill germs and boost your immune system."

Martin Evans and Stevenson met in high school and bonded over a love of writing and performing comedy.

"In the 10th grade, we co-wrote and performed our first

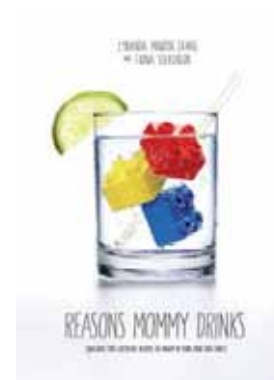
standup comedy show — a Full House/Beverly Hills 90210 mash-up — and, in doing so, discovered we had amazing creative chemistry, and a similar comedic voice," says Stevenson, a bright-eyed brunette with a ballerina build and an infectious smile.

Those shared interests fuelled their friendship through university.

"After graduating from Queen's and embarking on

full-time careers in marketing and advertising, we looked for new ways to join forces creatively. We did the Second City conservatory program together, co-produced sold-out musical variety shows for charity and founded a sketch comedy troupe called Math is Hard."

Two years ago when the friends found themselves pregnant at the same time, Martin Evans says they looked for



a way to use their "creative writing skills and do something we enjoy." After some thought they gave birth to reasonsmommydrinks.com.

"Like all working moms, we are time starved and want to maximize our time with our families," Stevenson says. "Our long history of creative collaboration and shared work ethic makes us an incredibly productive team. It's amazing what we can accomplish in a two-hour power writing session during nap time."

"We wanted to give a voice to the new generation of moms — accomplished, ambitious women who, as they transition to their new role as parents, want to do the absolute best for their new baby in every possible way, without completely losing themselves in the process. To a time-starved, sleep-deprived

new mom, it can feel like an impossible task at times, and we discovered there's a lot of comedic gold in that daily struggle."

The blog was an instant hit. "Parents immediately got the joke behind the title," says Stevenson. Voted best blog from Toronto Mom Now, it inspired them to think beyond the internet.

"The book is about the first year-and-a-half, which I found really hard," Martin Evans says. "I did not have the kid who went to sleep. You see those mothers who have that perfect kid who sleeps all the time, wakes up happy. I didn't have that kid. Neither did Fiona. We had high maintenance kids."

"But all the things that, at the time were frustrating are now really funny. Tragedy plus time equals comedy."

Martin Evans says the tone of the book is tongue-in-cheek, but she hopes parents — or even single people, who she says can, "use it as a birth control reminder" — will read the book and realize that they are not alone.

"I think different women will take away different things from the book," Martin Evans says. "The overarching theme, the best thing you can take away from it is, we're all in this together and it is so worth it. The very last drink in the book is the Kool Aid. It's like, drink the Kool Aid. It's worth it."



There's a page for that in the new IKEA Catalogue.

Visit Ikea.ca/Catalogue to see it now.



Cash should play an important role in your financial plan. ISTOCK

Put your money where the cash is



YOUR MONEY
Alison Griffiths
money@metronews.ca

I've previously written that the key to successful saving and investing was having a balance between equities (stocks), bonds and cash.

Several readers questioned the need for cash in a portfolio. Yes, interest rates are paltry, and likely to continue for some time, but during stock market turbulence any kind of positive return can be a lifesaver.

Cash plays four important roles in a financial plan.

1. Cash provides ballast

That's how my old friend Eric Kirzner professor of finance at the Rotman School of Business refers to the role of cash for investors. When the market takes a dive, this stolid holding is still there providing a return.

In fact, there have been many times over the past 20 years when cash has performed better than equities. We all remember the stock market carnage of 2008 and 2009 — cash was king during those years. It was also the winning investment in 1981, 1987, 1990, 2001 and 2002.

2. Cash equals opportunity

Those with cash can swoop in and buy when the stock market swoons. Too often investors flee for the sidelines after a market crash. But the savvy folk use cash to buy good quality stocks at a bargain. Don't we all wish we'd done that in 2008 and 2009?

3. Cash is a rebalancing tool

Top money managers tell me that up to 60 per cent of the profit they generate comes from the process of returning a portfolio to its original allocation of equities, bonds and cash.

Having cash allows investors to tweak their portfolios and put more money into asset classes that are sagging.

This vital housekeeping discipline keeps a portfolio healthy, but without cash investors are forced to sell bonds or equities in order to rebalance.

4. Cash is an emergency saviour

When the car is kaput or the roof leaks, cash will bail you out. Emergency cash should be kept in a savings or Tax Free Savings Account for ready access. It's far better to have cash sitting there earning one per cent than be forced to pay four to 29 per cent on lines of credit or credit cards. It isn't sexy but cash is absolutely the most useful saving and investing tool.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



World is at your fingertips, so why buy local?

Local biz. Because shopping in your neighbourhood is about more than just the economy

It's a well-known fact that technology has changed the way consumers shop. The world is at their fingertips as they browse the Internet for their latest purchase.

The planet has become one big outlet where people can buy practically anything from another continent as easily as going to their corner store.

"Through the ease of on-line purchases, people can forget that their choices directly influence our lo-

cal neighbourhoods," said François Ramsay, Senior vice-president of Corporate Affairs for Yellow Pages Group, a company offering digital marketing solutions for small businesses in Canada.

"Choosing to spend your hard-earned dollars in a local business directly benefits the local economy and helps small businesses thrive, leading to sustainable and dynamic communities."

Consumer experience and satisfaction is another reason why people should think about buying locally.

Small establishments often offer exceptional customer service thanks to personalized one-on-one attention. They often have

unique and original product selections and are located close to homes and work sites. Relationships are built between customers, local business owners and staff, making shopping an enjoyable and memorable event.

Since local business owners often reside in the same neighbourhood, they also prioritize community causes and invest personally in the area's welfare and future.

Finding local goods and services nearby is simple thanks to a variety of local search solutions such as the Yellow Pages mobile app.

Make a local purchase today and support Canadian small business owners. Put your neighbourhood first.

NEWS CANADA



You don't get this kind of smiley interaction when you shop online. NEWS CANADA

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Karen Horvath & Freida Richer



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NHL

Flames' Kipper calls it a career

Calgary Flames goaltender Miikka Kiprusoff announced his retirement Monday.

The 36-year-old spent the last nine seasons with the Flames, including the club's memorable run to the 2004 Stanley Cup final.

Kiprusoff holds team records for wins (305), games played (576) and shutouts (41).

THE CANADIAN PRESS

Lance Armstrong

IOC wants bronze medal returned

The IOC wants Lance Armstrong to hand back his Olympic medal.

IOC vice-president Thomas Bach says Armstrong and the U.S. Olympic Committee had been asked to return the bronze medal that the American won at the 2000 Olympics in Sydney.

Armstrong was stripped of his seven Tour de France titles and banned for life from elite sports.

THE ASSOCIATED PRESS

NFL

Eagles upstage RG3 in his return

Michael Vick threw for two touchdowns and ran for another, LeSean McCoy ran for 184 yards, and the Philadelphia Eagles unleashed coach Chip Kelly's frenetic offence on the NFL on Monday with a 33-27 win over the Washington Redskins.

Perhaps the most remarkable accomplishment by the Eagles: They managed to upstage Robert Griffin III, who was returning from major knee surgery.

THE ASSOCIATED PRESS



Eskimos general manager Ed Hervey has come under fire by the CFLPA for some of his recent critiques of guard Simeon Rottier's play. THE CANADIAN PRESS FILE

Eskimos GM violated CBA: Players' union

Ed Hervey. CFLPA answers criticism on behalf of guard Rottier

The Canadian Football League Players' Association said Monday that it considers recent comments by Edmonton Eskimos general manager Ed Hervey to be "both inappropriate and contrary to the collective bargaining agreement" with the league.

Hervey singled out guard Simeon Rottier at a news con-

ference last Tuesday, a day after his team dropped a 37-34 decision to the Calgary Stampeders. Quarterback Mike Reilly was sacked seven times in the loss.

Hervey said while some members of the offensive line have shown promise this season, he had lost patience with Rottier and the player would be indefinitely benched.

"The majority of my frustration has been with Simeon," Hervey said at the time. "Clearly Simeon is not living up to expectations. It wouldn't bother me if he didn't play another down this year."

CFLPA president Mike Morreale weighed in with a statement Monday.

"The collective bargaining agreement clearly prohibits clubs and their employees from publicly criticizing the on-field performance of any player in the CFL," he said. "The purpose of this provision is to ensure that all CFL players, as well as all CFL personnel, are dealt with in a manner that is respectful and professional, and the CFLPA will not tolerate anything less in the treatment of one of its players."

THE CANADIAN PRESS

No disciplinary action

A CFL spokesman said the league informed Ed Hervey last week that his comments were inappropriate, went against the CBA, and is fully confident they won't be repeated. There were no plans for disciplinary action.

- The league also notified the CFLPA on Monday that the issue was discussed with Hervey last week, the spokesman added.

Nadal outshines Djokovic for 13th major title

Hard to believe this is the same Rafael Nadal who was home during the U.S. Open a year ago, nursing a bad left knee.

Hard to believe this is the guy sent packing in the first round of Wimbledon in June, losing against someone ranked 135th.

Looking fit as can be and maybe even better than ever, the No. 2-ranked Nadal pulled away from No. 1 Novak Djokovic 6-2, 3-6, 6-4, 6-1 on

Monday in a taut, tense U.S. Open final for his 13th Grand Slam title.

"Very, very emotional, no?" Nadal said during the on-court trophy presentation. "Probably only my team knows how much (this) means for me."

They started in sunlight and finished at night, a three-hour, 21-minute miniseries of cliffhangers and plot twists and a pair of protagonists who inspired standing ovations in

the middle of games.

There was no quit in either of them, during points that lasted 15, 25, even more than 50 strokes.

"Probably nobody brings my game to the limit like Novak," said Nadal.

This was their 37th match against each other, the most between any two men in the Open era, and Nadal has won 22. It also was their third head-to-head U.S. Open final in the

last four years. Nadal beat Djokovic for the 2010 title, and Djokovic won their rematch in 2011.

They know each other's games so well, and play such similar hustle-to-every-ball styles, but in the end, it was Nadal who was superior.

"He was too good. He definitely deserved to win this match today and this trophy," Djokovic said.

THE ASSOCIATED PRESS



Rafael Nadal beat Novak Djokovic in the U.S. Open final on Monday. MATTHEW STOCKMAN/GETTY IMAGES

Horoscopes

Aries

March 21 - April 20

A social invitation will come your way and you should snap it up. Life is too short to waste on things of no importance, including working for other people on projects you have no real attachment to.

Taurus

April 21 - May 21

Recent struggles may have you down but there are still plenty of reasons to be cheerful. Life is full of joys and wonders — all you have to do is open your eyes and heart.

Gemini

May 22 - June 21

You may be reluctant to start something new because you sense it is going to be tougher than you expected. You're right, it will. But if you give up now, you will regret it later.

Cancer

June 22 - July 23

You sometimes find it hard to look on the positive side of life but over the next few days you will discover no end of reasons to smile. Remember: You are not a victim and life is what you choose to make of it.

Leo

July 24 - Aug. 23

It seems you have an urgent need to feel accepted by people you work with. That could lead to you doing things that are not in your long-term interests. The best way to impress people is to be yourself.

Virgo

Aug. 24 - Sept. 23

Why are you attaching so much importance to things that are not worth worrying about? You need to snap out of it and get your mind back on track — the one that leads to your dream.

Libra

Sept. 24 - Oct. 23

What others say can't be done, you will do just for the fun of it. If you focus your energy in one direction, you'll achieve something that amazes.

Scorpio

Oct. 24 - Nov. 22

Don't worry too much if your temper gets the better of you and you snap at someone you love. Your solar chart indicates that by this time tomorrow you will be best buddies again.

Sagittarius

Nov. 23 - Dec. 21

Try to focus on an activity that involves you on every level — mental, physical, emotional. If you put everything you've got into what you do today, the results will be spectacular and highly profitable too.

Capricorn

Dec. 22 - Jan. 20

Anything of a creative nature will go well over the next few days, so give yourself permission to dream and let your inner compass guide you in the right direction.

Aquarius

Jan. 21 - Feb. 19

Force yourself to enjoy what you have to do today, even if it isn't your first choice or your second. It will go better than expected and you can reward yourself by indulging in what you do enjoy this evening.

Pisces

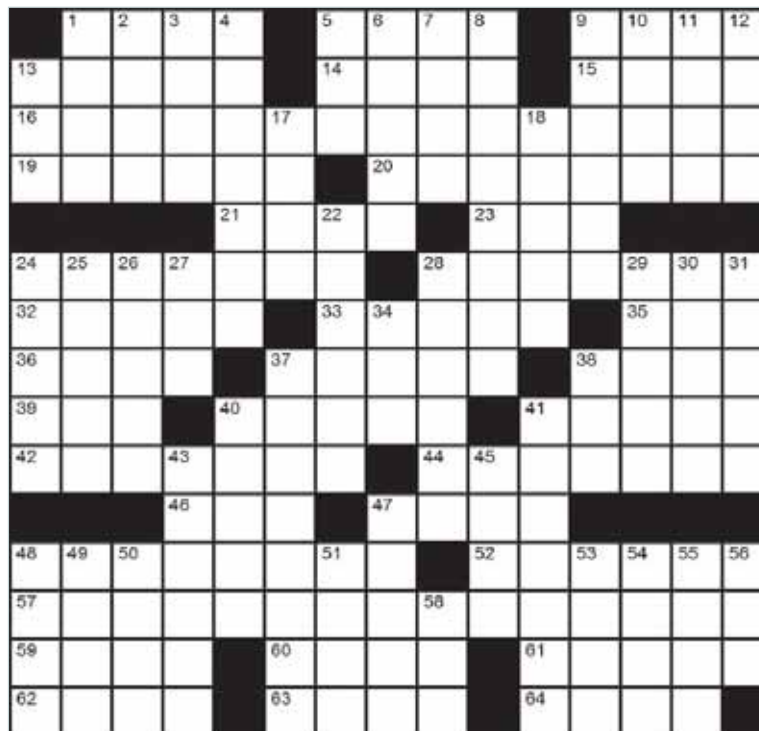
Feb. 20 - March 20

Go somewhere you have never been before. Do something you have never done before. The planets suggest you can afford to be adventurous. In fact, you will regret it later if you stay too close to home now. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Etna extraction
5. Outline
9. Be in need of Gold Bond
13. Not-leaving prisoner
14. Berry found in the Amazon Rainforest
15. Intl. alliance created in 1949
16. People on Black-Berrys, for instance: 2 wds.
19. Run off the track
20. Herman ____ (Novelist of Moby-Dick; or, The Whale)
21. Certain
23. South: French
24. Coleslaw's content
28. Discharge
32. The Hunter constellation
33. ____ Kea (Site of observatories in Hawaii)
35. The Pacific ____
36. Prefix meaning 'Self'
37. Teachers of yore
38. Like an owl
39. Some radios, e.g.
40. Fashion mag
41. Cut
42. Cushy barn section
44. Most times
46. Cartoon fight sound effect!
47. "I'm Yours" singer Jason
48. Passage-hindering



- war tactic
52. Acadian dish of grated potatoes, ____ Pie
57. Medieval-inspired futuristic cartoon series of yore in Canada: 3 wds.
59. Entr' ____ (Theatrical interlude)

60. Stretched tight
61. Effort to achieve a goal
62. Filmed a movie
63. The Beatles' Pepper, et al.
64. Guesses [abbr.]

Down

1. Green hue

2. Way over yonder
3. Waitress on "Alice"
4. Craftsperson
5. "Well, ____-di-dahl!"
6. Green Day's "When ____ Around"
7. Pony's pride
8. They measure television viewership
9. Newsmagazine

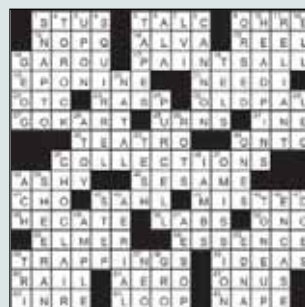
- show, " ____ Edition"
10. Unit of weight in China
11. Keyboard key
12. Outdoor tap hookup
13. John Lennon's unintended acronym
17. Socket's insertee
18. Droplet-looking

- throat part
22. Outfit the boat with a new sail-support, say
24. Sports team leader
25. Popular island retreat
26. Itsy- ____
27. Scarer's sound!
28. " ____ Has It" by Adele
29. Princess in "The Little Mermaid" (1989)
30. ____ rug
31. Manicure board
34. Get weapons
37. Canadian brothers band, The ____
38. "Huh...?"
40. "Twistin' the Night Away" by Sam ____
41. Leonard Cohen song title lady
43. Necklace's storing-little-things piece
45. Wrapped garment
47. "You know you gotta help ____..." - The Killers
48. Arm: French
49. ____ Ness Monster
50. Eight: Prefix
51. Burden
53. Greek letters
54. Station
55. Promissory notes
56. Mr. Asner's
58. "Holding Out for a Hero" singer ...her initials-sharers

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: 22°
MIN: 12°

WEDNESDAY



MAX: 24°
MIN: 11°

THURSDAY



MAX: 31°
MIN: 12°



MICHELE MCDUGALL WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." **WEEKDAYS 5:30 AM**



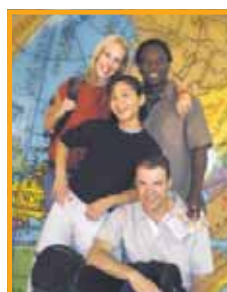
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